



NOVEMBER DEVOTIONAL

FINDING HOPE

Trusting God in the Storm

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Hi, I'm Ash



I'm a mom of two incredible boys. One is autistic and has a rare disease, but that's just one part of our story. They are hilarious, joyful, and remind me every day that life can be chaotic and beautiful all at once.

Faith has always been complicated for me. It is hardest on the days of appointments, flare-ups, and moments when there is literally nothing I can do. The days when hope feels like it is gone and God feels miles away. I have been there, curled up in an MRI waiting room, heart racing, whispering, "God, please." And somehow, even in that raw, messy moment, He showed up.

I have a master's from Liberty University and worked at Disney and Universal. Those experiences taught me a lot about people, stories, and even a little bit of magic. But nothing could have prepared me for the kind of faith it takes on the days when life feels impossible and hope is hard to find.

I created Be Mighty Mom to meet you right where you are, raw, tired, overwhelmed, and maybe a little skeptical about prayer. This is not about perfect words or having it all together. It is about showing up, trusting God in the messy middle, and remembering that even small, whispered prayers matter.

So grab your caffeine of choice, get comfortable, and let's do this together.

Rev Ash

How To Pray

- Like a friend. Speak your heart openly, wherever you are. God listens in car rides, shower breaks, and midnight cries.
- With scripture. Turn verses into your words: "Lord, help me not to grow weary in doing good" (Galatians 6:9).
- For advocacy. Pray for clarity in meetings with doctors, therapists, or schools. Pray for your words to be strong, truthful, and loving.
- For yourself. Bring your fear, exhaustion, anger, and doubt to God. You are allowed to ask for help, comfort, and strength.

What You Can Pray For

- Your child's health, peace, and growth.
- Strength and wisdom to advocate fiercely.
- Comfort and patience for siblings and family.
- Guidance for medical decisions, therapy challenges, and everyday hurdles.
- Peace in moments of fear, grief, or doubt.
- Joy, rest, and resilience when you feel depleted.

Welcome, November

If you've picked up this devotional, I want you to know that you are not alone. I know what it feels like to sit in the storm of motherhood, especially when the journey includes autism, rare disease, or medical complexities. The sleepless nights, the appointments, the questions with no clear answers... they can feel overwhelming, even crushing at times.

November Scripture:

The Lord is close to the brokenhearted and saves those who are crushed in spirit. – Psalm 34:18

This means God sees you. He hasn't turned away. And even in the chaos, His presence is steady. Over the next 30 days, we'll walk together through Scripture, reflection, and prayer... one step at a time. My prayer is that these words will become a lifeline for you, anchoring your soul to hope when the waves feel strong.

My Prayer for You:

Heavenly Father, I lift up this mama to You right now. You see her heart, every worry she carries, every storm she's walking through. You see the brokenness she doesn't show the world and the strength she tries so hard to hold together.

I pray that she feels Your nearness today. Remind her that You are close to the brokenhearted and that You rescue those who are crushed in spirit. Surround her with Your peace that passes all understanding. Let her feel hope rising in the very places where despair has tried to take root.

Bless her with courage for the hard moments, rest for her weary soul, and a renewed confidence that she does not walk this road alone. Cover her with Your love, steady her with Your presence, and whisper to her heart that she is never forsaken.

In Jesus' name, Amen.

Day 1: You Are Not Alone

Scripture:

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

— Psalm 34:18

Reflection:

When you're raising a child with autism, rare disease, or medical complexities, loneliness can creep in quickly. Friends don't always understand, family can feel distant, and the day-to-day load is more than most people will ever experience. But this verse promises something steady: when your heart is breaking, God is closer than ever.

He doesn't wait for the storm to pass or for you to get strong again. He steps right into the brokenness, right into the sterile hospital room, right into the messy living room after a meltdown. His nearness is not conditional on your performance... it's His promise. When the storm whispers that you've been abandoned, remember this truth: you are never alone. God is near, holding your tears as precious, carrying you when you can't walk, and saving you when despair tries to pull you under.

Reflective Prompt:

When was the last time you felt unseen, and how can you invite God into that moment today?

Prayer:

Lord, when I feel crushed and alone, remind me that You are right here beside me. Hold my heart and give me peace today.

Day 2: One Step at a Time

Scripture:

Your word is a lamp to my feet and a light to my path.

— Psalm 119:105

Reflection:

The future can feel overwhelming when you're caring for a child with ongoing needs. Questions about therapies, schooling, surgeries, and what tomorrow might bring can spiral quickly into fear. But God doesn't ask us to see the whole road ahead. He gives us just enough light for the next step.

Like a lamp on a dark path, His Word and His Spirit guide you one moment at a time. You don't need the full map to trust that He knows the way. He invites you to breathe, release tomorrow's worries, and walk in today's light.

In the storm, prayer becomes your way of holding the lamp. Every whispered prayer says, "Lord, guide me now." And He does. Not always with answers for ten years from now, but always with enough grace for today.

Reflective Prompt:

What is one "next step" you need God's light for today?

Prayer:

Father, I don't know what the future holds, but I trust that You are lighting my path. Help me release tomorrow's fears and walk with courage in the light You've given me today. Amen.

Day 3: God Sees Every Tear

Scripture:

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

— Psalm 56:8

Reflection:

You may cry silently in the bathroom, in the car after an appointment, or in the dark when the house is finally quiet. Sometimes it feels like no one notices those tears, but God does. This verse paints a picture of Him carefully collecting each tear, holding them as treasures that matter deeply to Him.

Your tears are not wasted. They are prayers in liquid form, reminders that your heart loves deeply and that you are carrying more than most. God records each one, not to shame you for being weak, but to prove that nothing you feel is overlooked.

When you pray in the storm, remember that even if you can't find the words, your tears speak. And God hears them.

Reflective Prompt:

What is one sorrow you've cried over recently that you need to believe God noticed and cared about?

Prayer:

Lord, thank You for seeing every tear I've cried. Remind me that my pain matters to You. Help me trust that even when I can't speak the words, You hear the cries of my heart. Amen.

Day 4: Courage in Waiting

Scripture:

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

— Isaiah 40:31

Reflection:

So much of this journey is waiting. Waiting for test results, waiting for insurance approvals, waiting for progress that feels slow. Waiting can feel exhausting, draining your strength before the answer even arrives. But God promises that hope in Him renews strength in the waiting.

Renewal doesn't always mean the answer comes right away. It means that while you wait, God pours fresh strength into your spirit. He helps you keep walking when you feel faint, keep running when you feel weary, and even soar above the storm when you thought you were stuck on the ground.

Prayer in the waiting is an act of courage. Each prayer is a declaration that your hope is in Him, not in the timeline, not in the system, not even in the outcome. But in the God who holds it all.

Reflective Prompt:

Where in your life right now are you waiting, and how can you shift from fear to hope while you wait?

Prayer:

Lord, waiting is hard and I often feel weary. But I place my hope in You today. Renew my strength as I wait, and help me to trust that You are working even when I can't see it. Amen.

Day 5: Strength in Advocacy

Scripture:

Speak up for those who cannot speak for themselves, for the rights of all who are destitute.

— Proverbs 31:8

Reflection:

Advocacy is not optional when you're raising a child with autism, rare disease, or complex needs. You are their voice in doctor's offices, schools, and systems that often don't understand. But advocacy is also exhausting... especially when it feels like you're shouting into the wind.

God honors your advocacy. His Word commands us to speak up for those who cannot speak for themselves. When you fight for your child, you are living out this calling. You are partnering with God's justice.

Prayer is the fuel for advocacy. Before every phone call, every appointment, every hard meeting, take a moment to pray, "Lord, give me strength and wisdom to speak." He will. And He will stand with you in every room.

Reflective Prompt:

Where in your advocacy this week do you most need God's strength?

Prayer:

Lord, thank You for entrusting me to be my child's voice. Give me courage, wisdom, and strength to speak up when it's hard. Remind me that I do not advocate alone. You are with me in every battle. Amen.

Day 6: Peace in The Chaos

Scripture:

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

— John 14:27

Reflection:

The world's version of peace says everything has to be fixed, tidy, and calm. But for moms in the storm, peace can feel impossible. The therapies, the meltdowns, the bills, the unknowns. Jesus offers a different kind of peace: one that doesn't depend on circumstances changing.

His peace can guard your heart even in the ER waiting room. His peace can still your mind in the middle of the night when anxiety screams loudest. His peace isn't fragile. It's steady, anchored in His presence with you.

Prayer is how you exchange your troubled heart for His peace. Every time you whisper, "Jesus, I need Your peace," He answers. Not with false calm, but with a real presence that holds you together when the world feels like it's falling apart.

Reflective Prompt:

Where in your life right now do you need to trade fear for Jesus' peace?

Prayer:

Jesus, I can't always calm the chaos around me, but I ask for Your peace to calm my heart. Help me not to be afraid, but to rest in the steady gift of Your presence. Amen.

Day 7: Rest for The Weary

Scripture:

*Come to me, all you who are weary and burdened,
and I will give you rest.*

— Matthew 11:28

Reflection:

Weary is an understatement for moms carrying medical binders, therapy schedules, sleepless nights, and the constant weight of responsibility. Jesus doesn't shame you for being tired. He invites you to come to Him.

Rest in Jesus is more than a nap or a break (though those are blessings too). It's laying down the burden of "I have to hold it all together" and trusting that He will carry you. It's finding a soul-deep rest that reminds you the world won't fall apart if you lean on Him.

When you pray in the storm, sometimes the holiest prayer you can offer is, "Lord, I'm tired. Please give me rest." And He promises that He will.

Reflective Prompt:

What burden do you need to lay down today so you can experience Jesus' rest?

Prayer:

Jesus, I am weary and I need Your rest. I lay down the weight I've been carrying and ask You to refresh my soul. Teach me to lean on You instead of striving in my own strength. Amen.

Day 8: God Fights for You

Scripture:

The Lord will fight for you; you need only to be still.

— Exodus 14:14

Reflection:

There are days when advocating for your child feels like a battle you can't win. Endless paperwork, dismissive doctors, insurance denials. The storm feels relentless. But God reminds you that you are not fighting alone. He steps into the battle with you, and sometimes, He fights when you are too weary to lift your arms.

Being still doesn't mean doing nothing. It means releasing the crushing pressure of thinking it all depends on you. It's remembering that the God who parted the Red Sea is the same God who can make a way in your situation.

When you pray, you can hand Him the battles that are too big to carry. Whisper, "Lord, I trust You to fight for me." And then let Him.

Reflective Prompt:

What battle do you need to let God fight for you right now?

Prayer:

Lord, I am tired of fighting in my own strength. I surrender this battle to You. Remind me that I don't carry this storm alone, and that You are mighty to save. Amen.

Day 9: God's Strength in Your Weakness

Scripture:

My grace is sufficient for you, for my power is made perfect in weakness.

— 2 Corinthians 12:9

Reflection:

Weakness feels like failure in a world that demands constant strength. But God says your weakness is the very place His power shines brightest. When you are exhausted, when you don't have the answers, when you break down in tears. His grace covers you.

Grace doesn't remove the storm, but it equips you to stand in it. His strength fills the gaps you can't fill. His Spirit lifts you when you collapse. His power is not a backup plan. It is His plan to show His glory through your fragile humanity.

Prayer in weakness isn't a last resort. It's the most powerful place you can meet Him. Your "I can't" is His invitation to say, "But I can."

Reflective Prompt:

Where are you feeling weak today, and how might God's strength be made perfect there?

Prayer:

Father, I feel so weak, but I thank You that Your grace is enough for me. Let Your power shine through my brokenness and give me strength I cannot find on my own. Amen.

Day 10: God as Your Refuge

Scripture:

God is our refuge and strength, an ever-present help in trouble.

— Psalm 46:1

Reflection:

When storms hit, it's natural to look for escape. Something to make the pain go away. But God offers something greater than escape: He offers Himself as your refuge. A safe place to run, a shelter that cannot be shaken.

Being a refuge means He's not just present in theory; He's present in trouble. When the storm rages, He doesn't wait outside until it calms. He is your protection inside the storm. His presence doesn't remove the chaos, but it anchors your soul with strength and hope.

Prayer is how you step into that refuge. Every time you call on His name, you are running to safety. Every prayer says, "God, be my shelter," and He always answers.

Reflective Prompt:

What storm in your life today do you need to run into God's refuge with?

Prayer:

God, You are my refuge and my strength. I run to You today and trust You to be my shelter in this storm. Remind me that I am never without Your help. Amen.

Day 11: God Restores Your Soul

Scripture:

He restores my soul. He guides me in paths of righteousness for his name's sake.

— Psalm 23:3

Reflection:

Your soul can grow weary under the constant weight of caregiving. Emotional exhaustion, compassion fatigue, and grief all drain you until you feel like a shell of yourself. But God promises not just to refresh your body, but to restore your soul.

Restoration means more than repair. It means bringing you back to fullness, giving you joy in the middle of sorrow, and reminding you that you are more than the storms you carry. It's His way of breathing new life into places that feel dead.

Prayer is an act of restoration. As you pour out your burdens, He pours in peace. As you lay down your exhaustion, He lifts up your spirit. He doesn't just want you to survive this season. He wants to restore you.

Reflective Prompt:

What part of your soul feels most in need of restoration right now?

Prayer:

Lord, my soul feels weary, but I trust You to restore me. Refresh my heart and mind. Bring back the joy and strength that only You can give. Amen.

Day 12: God's Mercies Are New Every Morning

Scripture:

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness

– Lamentations 3:22–23

Reflection:

Some nights you collapse into bed, unsure how you'll make it through tomorrow. But God promises His mercy is fresh every morning. No matter how draining yesterday was, today comes with a new supply of compassion and strength.

You are not consumed because His love holds you. You are not abandoned because His faithfulness never fails. Even when you feel like you're running on empty, His mercy meets you with fresh strength, as steady as the sunrise.

Prayer each morning is your chance to say, "Lord, I need Your new mercies today." And He always answers with compassion that will not run out.

Reflective Prompt:

What part of yesterday do you need to release so you can receive God's new mercies today?

Prayer:

Lord, thank You for Your faithfulness that never ends. I release yesterday's worries and receive the fresh mercy You've given me today. Amen.

Day 13: God Heals The Brokenhearted

Scripture:

He heals the brokenhearted and binds up their wounds.

– Psalm 147:3

Reflection:

The journey of parenting a child with complex needs leaves scars. Disappointments, betrayals by doctors, the grief of what's been lost. These wounds don't always heal quickly. But God promises to bind up every wound and heal the brokenhearted.

His healing is tender, like a Father carefully wrapping bandages around a child. He doesn't minimize your pain or ask you to "just get over it." He acknowledges your wounds and patiently tends to them with His love.

Prayer opens those wounds to Him. Instead of hiding your heartbreak, you can bring it into His light and let Him begin the slow, steady work of healing.

Reflective Prompt:

What wound in your heart needs God's healing touch right now?

Prayer:

Lord, my heart carries wounds that still ache. Please heal me with Your love. Bind up the broken places and remind me that You will not leave me hurting forever. Amen.

Day 14: God Upholds You

Scripture:

The Lord upholds all who fall and lifts up all who are bowed down.

– Psalm 145:14

Reflection:

There are days when you fall. Days you lose your temper, break down in tears, or feel like you've failed as a mom. But God does not condemn you when you fall. He upholds you, lifts you, and steadies you again.

Being upheld doesn't mean you never stumble; it means you're never left on the ground. His grace reaches into your weakness and sets you back on your feet.

Every prayer is a way of reaching up your hand for Him to lift you. He doesn't shame you for being bowed down; He delights in holding you steady.

Reflective Prompt:

Where in your life do you feel bowed down right now, needing God to lift you up?

Prayer:

Lord, I fall so often, but I thank You for always lifting me up. Hold me steady in Your love, and remind me that even when I stumble, I am never out of Your hands. Amen.

Day 15: God Hears Every Cry

Scripture:

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

– Psalm 34:18

Reflection:

There are days when you fall. Days you lose your temper, break down in tears, or feel like you've failed as a mom. But God does not condemn you when you fall. He upholds you, lifts you, and steadies you again.

Being upheld doesn't mean you never stumble; it means you're never left on the ground. His grace reaches into your weakness and sets you back on your feet.

Every prayer is a way of reaching up your hand for Him to lift you. He doesn't shame you for being bowed down; He delights in holding you steady.

Reflective Prompt:

Where in your life do you feel bowed down right now, needing God to lift you up?

Prayer:

Lord, I fall so often, but I thank You for always lifting me up. Hold me steady in Your love, and remind me that even when I stumble, I am never out of Your hands. Amen.

Day 16: God Gives Strength for Today

Scripture:

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

– Isaiah 40:31

Reflection:

Sometimes, strength feels like the most distant thing imaginable and it can feel like your energy is gone and your hope has run dry. But God promises that hope in Him renews your strength. You may not see the full path, but He equips you for the next step.

Renewed strength doesn't always appear as physical energy. It often begins as an internal lifting of the spirit, a quiet assurance that you can face today's challenges. His presence infuses your heart with courage, even when your body feels weary.

Prayer is the conduit for this divine strength. When you whisper, "Lord, renew me," you are opening yourself to His power. He meets you right where you are, providing what you need.

Reflective Prompt:

Where do you most need God's strength today, and how can you invite Him to meet you there?

Prayer:

Lord, I am weary and my strength feels gone. Renew me today and equip me for each challenge. Remind me that hope in You is never wasted, and Your power carries me even when I can't carry myself. Amen.

Day 17: Light in the Darkness

Scripture:

Your word is a lamp to my feet and a light to my path.

– Psalm 119:105

Reflection:

When life feels uncertain, the future can look dark and overwhelming. Parenting a child with complex needs often brings endless unknowns: medical results, therapies, and the ongoing challenges of daily life. God's Word, however, shines like a lamp in the darkness, illuminating the step right in front of you. You don't need to see the whole road, just enough to take the next step in faith.

Even when fear tries to paralyze you, His Word offers guidance. Each verse, each prayer, each moment spent seeking Him is a beam cutting through the shadows. You may feel lost, but His light will always show you the way forward, one step at a time.

Prayer is your connection to that light. Every whispered word of trust invites Him to shine brighter in your life, giving you clarity and hope for what lies ahead, even in storms that feel unending.

Reflective Prompt:

What step today feels impossible, and how can you let God's light guide you through it?

Prayer:

Lord, my path feels dark and uncertain, but I choose to trust Your light. Shine on my next step and help me walk in faith, knowing You are guiding me even when I cannot see the full way. Amen.

Day 18: God Calms Your Heart

Scripture:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

– Philippians 4:6

Reflection:

Anxiety is a constant companion when you're raising a child with disabilities. The worry about tomorrow and the relentless "what ifs" can feel suffocating. God doesn't promise a life without anxiety, but by bringing your concerns to Him in prayer, you trade worry for His peace.

This kind of peace isn't passive. It's active, a decision to surrender fears to the One who holds the universe. When you pray, you're releasing control and admitting that some things are bigger than you, yet not bigger than God.

Praying for calm, asking for rest, and presenting your fears to God replenishes your spirit. In turn, you have more patience, clarity, and hope to parent from a place of peace, even when circumstances remain chaotic.

Reflective Prompt:

Which worries or fears are you holding tightly, and how might presenting them to God bring you peace today?

Prayer:

Lord, my heart is anxious and my mind races with worry. I hand all my fears to You and ask that Your peace calm my soul. Teach me to trust You more and rest in Your presence even in the storm. Amen.

Day 19: Hope Beyond Circumstances

Scripture:

We rejoice in hope, we are patient in tribulation, we are constant in prayer.

– Romans 12:12

Reflection:

Life in the storm is unpredictable. There are victories, setbacks, and moments of pure exhaustion. Yet hope remains a choice, not a feeling. Romans tells us to rejoice in hope, showing that even when circumstances feel impossible, there is a steadfast anchor for our hearts.

Hope is cultivated through patient endurance and persistent prayer. Each time you whisper “help me,” “guide me,” or “strengthen me,” you are building a foundation that no trial can shake. This hope sustains you when the chaos threatens to overwhelm and reminds you that the future is in God’s hands, not yours.

As a mom navigating daily challenges, your hope also becomes a lifeline for your child. It shows them resilience, teaches faith in action, and reflects a God who never abandons. Prayer keeps hope alive in you, even when the storm rages around you.

Reflective Prompt:

Where is your hope faltering, and how can prayer renew it today?

Prayer:

Lord, help me to rejoice in hope even when life is hard. Strengthen my patience and remind me that prayer keeps my heart anchored in You. Let Your hope shine through me for my child and for myself. Amen.

Day 20: God Restores Joy

Scripture:

*You have turned my mourning into joyful dancing;
you have taken away my clothes of mourning and
clothed me with joy.*

– Psalm 30:11

Reflection:

Parenting in the storm can feel heavy, and sometimes it seems like joy is lost forever. Days blend together with appointments, therapy, and crises, leaving little room for laughter or lightness. God sees your struggle and promises restoration. Not just of strength, but of joy.

Restoration doesn't erase the trials, but it gives you a spirit that can rise above them. Small moments; a child's laugh, a breakthrough, a quiet hug; can become sparks of joy that remind you God is present, even when life feels overwhelming.

Prayer invites you to receive this joy. Asking God to restore your heart opens the door for Him to breathe hope into every corner of your life, reminding you that joy can coexist with challenges.

Reflective Prompt:

Where has your joy been dimmed, and how can you invite God to restore it today?

Prayer:

Lord, my heart feels heavy, but I ask You to restore joy in the midst of my storm. Help me notice the small blessings and let Your presence bring laughter, peace, and hope back into my spirit. Amen.

Day 21: God Provides Wisdom

Scripture:

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

– James 1:5

Reflection:

Every decision feels weighty when your child depends on you for care, support, and advocacy. You may feel like the weight of the world is resting on your shoulders. God offers wisdom, not just for big decisions, but for the small, daily choices that matter just as much.

His wisdom is practical and faithful. It may come through prayer, the counsel of trusted friends, or the gentle nudges of His Spirit. The key is to ask and then trust that He will guide you without hesitation or judgment.

Prayer becomes the practice of seeking His mind above your own. It helps you pause, breathe, and recognize that you don't have to rely on your own strength alone. God is present to guide every step and every decision.

Reflective Prompt:

What decision feels overwhelming right now, and how can you invite God's wisdom into it today?

Prayer:

Lord, I need Your wisdom today. Help me see clearly and make decisions that honor You and serve my child well. Remind me that I don't have to carry the weight of choice alone—You are with me in every step. Amen.

Day 22: God Is Faithful in Small Steps

Scripture:

The Lord is faithful to all his promises and loving toward all he has made.

– Psalm 145:13

Reflection:

Progress in your child's journey may feel slow, and it's tempting to grow frustrated or lose hope. But God's faithfulness isn't measured in leaps and bounds; it's steady and reliable, revealed in small steps and tiny victories.

Notice the breakthroughs, however minor they may seem. A new word spoken, a day without a meltdown, a smile in the middle of a hard appointment. All of these are evidence of His love and faithfulness. These small victories are His reminders that He is present, working even when it's not visible.

Prayer in these moments trains your heart to recognize God's constant presence. Thank Him for the small steps, celebrate His faithfulness, and trust that He is weaving a greater story through your child and your family.

Reflective Prompt:

What small victories can you notice today, and how can you give thanks to God for them?

Prayer:

Lord, thank You for Your unwavering faithfulness. Help me notice the small victories and trust that You are working through every step, even when I can't see the bigger picture. Amen.

Day 23: God Strengthens Your Voice

Scripture:

Speak up for those who cannot speak for themselves, for the rights of all who are destitute.

– Proverbs 31:8

Reflection:

Advocacy can be exhausting. Every appointment, every phone call, every meeting can feel like a battle. Yet God equips you to be the voice your child needs. Your words are not just advocacy, they are instruments of His justice and care.

Strength comes not from your own energy, but from His Spirit. When you pray for guidance, courage, and clarity, God empowers your words. Even the hardest conversations are opportunities to demonstrate His presence and love in action.

Prayer is both preparation and sustenance. Each prayer fuels the strength to continue speaking, listening, and standing firm, even when it feels impossible. Remember that God fights alongside you in every moment of advocacy.

Reflective Prompt:

Where in your advocacy today do you most need God's guidance and courage?

Prayer:

Lord, I need Your strength to speak up for my child. Empower my words, guide my actions, and remind me that I am not advocating alone. Stand with me and give me courage today. Amen.

Day 24: God Brings Peace Amid Chaos

Scripture:

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

– John 14:27

Reflection:

Chaos is constant in the lives of moms raising complex kids. Schedules, emergencies, and unpredictable behaviors can feel overwhelming. Yet Jesus offers a peace that is unshakable, not dependent on circumstances.

This peace anchors your heart. It doesn't remove the storm, but it allows you to stand firm within it. Through prayer, you can surrender anxiety and receive calm in the midst of the storm.

Daily moments of prayer become a refuge, reminding you that fear does not have to control your heart. When you consciously invite God's peace, your mind, spirit, and home feel steadier, even in the middle of turmoil.

Reflective Prompt:

Where do you feel the most chaos, and how can you invite God's peace into that space today?

Prayer:

Jesus, I need Your peace in the midst of my chaos. Calm my heart, steady my mind, and help me rest in Your presence even when life is unpredictable. Amen.

Day 25: God Remembers You

Scripture:

The Lord is mindful of us; he will bless us.

– Psalm 115:12

Reflection:

It can feel like no one remembers the weight you carry. Friends, family, even society often overlooks the relentless care you provide. But God remembers. Every sleepless night, every tear, every small act of love and courage is noticed by Him.

Being remembered by God isn't about recognition, it's about value. You are not invisible to Him. Each prayer you utter, each act of care you offer, is precious in His sight. Even when it feels unnoticed, your faithfulness is treasured.

Prayer helps you claim God's attention. Every word of honesty, praise, or petition reminds your heart that He is present and aware. You can trust that your life, your family, and your struggles are seen and held by the Creator.

Reflective Prompt:

Where do you feel overlooked, and how can you rest in God's remembrance today?

Prayer:

Lord, I feel invisible at times, but I trust that You remember every part of me and my child's life. Help me rest in the truth that I am precious in Your eyes and that You hold us always. Amen.

Day 26: God Brings Comfort

Scripture:

Blessed are those who mourn, for they will be comforted.

– Matthew 5:4

Reflection:

Grief and sorrow are natural when navigating life with complex needs. Losses (whether dreams, routines, or expectations) can weigh heavily. God offers comfort, a gentle presence that binds wounds and carries hearts.

His comfort is not fleeting or conditional. It can arrive in quiet moments, in whispered prayers, or in the support of others. You don't have to push through pain alone; God steps in to lift the heaviest parts of your heart.

Prayer is the avenue to receive that comfort. Pour out your sadness, and let Him fill the spaces of your heart with His love, strength, and hope. Comfort becomes a tangible reminder that you are not abandoned.

Reflective Prompt:

What grief or loss do you need God to comfort today, and how can you bring it to Him in prayer?

Prayer:

Lord, I mourn the losses and burdens I carry. Comfort me in my sadness, wrap Your arms around my heart, and remind me that I am not alone in my grief. Amen.

Day 27: God Gives Courage to Continue

Scripture:

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

– Joshua 1:9

Reflection:

Every day demands courage. Courage to advocate, to show up, to face setbacks, and to try again. Fatigue and fear often whisper that you should give up. God reminds you that courage is not the absence of fear, but trust in His presence.

His courage strengthens you from within. Even when your body is tired and your spirit feels weak, His promise to be with you provides the power to keep moving forward. You can stand firm, step by step, knowing He goes before you.

Prayer is an act of courage. When you call on God, you are acknowledging the storm, but also declaring trust in the One who holds it all. This courage is not fleeting. It is anchored in the eternal presence of God.

Reflective Prompt:

Where do you need courage today, and how can you rely on God's presence to face it?

Prayer:

Lord, I feel weary and afraid, but I choose to trust in You. Fill me with courage to continue, knowing that You are with me every step of the way. Amen.

Day 28: God's Faithfulness Is Sure

Scripture:

*Let us hold unswervingly to the hope we profess,
for He who promised is faithful.*

– Hebrews 10:23

Reflection:

Hope can waver when the storm rages on. Setbacks, disappointments, and uncertainty challenge your trust. Yet God's faithfulness is unchanging. The One who promised never abandons, never fails, and never wavers.

Holding onto hope is an act of obedience. It's a declaration that no matter what the world says or what obstacles arise, God's promises endure. Even when you feel like giving up, He is at work, orchestrating a greater plan for your child, your family, and your heart.

Prayer keeps hope alive. It is a daily choice to trust the faithful God above the unpredictable circumstances around you. Each prayer is an anchor, securing your heart in the truth that God's faithfulness never ends.

Reflective Prompt:

Where is your hope being tested, and how can you lean into God's faithfulness today?

Prayer:

Lord, my hope feels weak, but I choose to trust Your promises. Remind me that You are faithful and that Your plans for me and my child are perfect, even when I cannot see them. Amen.

Day 29: God Sees Your Sacrifice

Scripture:

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

– Colossians 3:23

Reflection:

Every sleepless night, every appointment, every fight for services or therapies is noticed by God. The world may overlook your relentless dedication, but He sees the labor of your heart. Your sacrifices matter.

Serving your child in love, even when it is exhausting, is a holy act. God honors your devotion and rewards the faithfulness hidden in daily routines. The work you do is not in vain. It is sacred, seen, and cherished by Him.

Prayer connects your efforts to God's purpose. As you lift your heart in conversation with Him, you acknowledge His presence in every act of care, trusting that your labor, even when unseen, has eternal significance.

Reflective Prompt:

Where do you feel your work is unnoticed, and how can you invite God's affirmation into that space today?

Prayer:

Lord, I am weary from the constant giving, but I trust that You see every sacrifice. Help me to serve with joy, knowing You notice, value, and honor my heart. Amen.

Day 30: Hope Renewed for Tomorrow

Scripture:

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future

– Jeremiah 29:11

Reflection:

The storm may still rage, but God's plans for your life and your child's are filled with hope. Even when today is overwhelming, tomorrow carries the promise of His guidance, provision, and love.

Hope is not passive. It is active trust. By looking to God, even through tears and trials, you acknowledge His control, His goodness, and His faithfulness. Each day is an opportunity to step forward in confidence that He holds the future.

Prayer is the bridge from today's struggles to tomorrow's hope. Lifting your heart in trust affirms that the Lord's plan is greater than any storm, and His hope is more enduring than your worries.

Reflective Prompt:

How can you release today's burdens and step into tomorrow with hope in God?

Prayer:

Lord, I entrust my today and my tomorrow to You. Fill me with hope for the future and remind me that Your plans are good, even when storms surround me. Strengthen my heart to walk forward in faith. Amen.

The
be
MIGHTY
in **Prayer**
Method

A prayer framework created to give you control when you have nothing else to do, but need to do something.

Be Mighty in Prayer

A prayer framework created to give you control when you have nothing else to do, but need to do something.

Prayer doesn't have a secret formula. God hears even the prayers you can't put into words. Sometimes, prayer is all you can do, and in those moments, it gives you strength, hope, and courage to keep going.

This is where Be Mighty Mom meets prayer. You don't have to have it all together. You don't need perfect words. You just need to show up.



Be Mighty in Prayer

Here's how to Be Mighty in Prayer:

B: Bring Your Emotion

Name what you feel. Fear, frustration, exhaustion. it's okay. God can handle it.

E: Express Honestly

Say the words you actually feel. The messy, raw, "I don't know what to do" parts.

M: Make Your Request

Ask for what you need. Courage, patience, wisdom, or strength.

I: Invite God In

Pause to notice His presence. Even a quiet breath or a sense that you're not alone matters.

G: Give Thanks

Even for small things. Gratitude shifts your heart and reminds you God is at work, even in tiny ways.

H: Hold On

Trust that showing up in prayer matters, even when it feels like nothing is changing.

T: Take Action

Prayer often leads to movement. Listen for guidance, take one small step, or just show up for your child with what you have.

Y: Yes to Yourself

Give yourself permission to pray, rest, and feel what you feel. You are allowed to be human, messy, and brave.



Our **MIGHTY** mission

Our Mission Statement

Be Mighty Mom exists to walk alongside Christian moms raising autistic, rare disease, or medically complex children, providing a safe space to process their doubts, struggles, and fears. Through encouragement, scripture, and honest conversation, we help moms restore their faith, reclaim their strength, and rise resilient, no matter how hard the journey gets.

Our Core Values

1. Faith-Centered Restoration

We help moms reconnect with God in ways that feel real, usable, and comforting, even in seasons of doubt.

2. A Safe, Honest Space

We acknowledge struggles without judgment, giving moms permission to feel, speak, and be exactly where they are.

3. Strength Through Understanding

We validate experiences, offer encouragement, and remind moms they are not alone in the chaos of parenting medically complex children.

"But the Lord is with me like a mighty warrior; so my persecutors will stumble and not triumph. They will fail and be thoroughly disgraced; their dishonor will never be forgotten."

Jeremiah 20:11

Connect *with* us!



podcast

[The Be Mighty Mom Podcast](#)



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